

IN THE CLAIMS:

Please replace all previously pending claims with the listing of claims set forth below:

1. (Currently Amended) ~~Device~~ A device to carry out physical exercise ~~that comprises~~ comprising:

a double-sided support ~~(1)~~, with one upper side and one lower side, one of which is ~~considerably~~ rigid and the other of which includes an inflatable flexible element ~~(3)~~, and

resting means for the support that ~~allow~~ allows users to carry out aerobic and cardio exercises and to work on their physical condition ~~in general~~ using the ~~considerably~~ rigid side,

wherein said inflatable flexible element ~~(3)~~ has a rectangular base and a is slightly dished upper side on which the user stands ~~and in that said inflatable flexible element (3)~~ allows users to carry out balance, ~~proprioception~~ proprioception and coordination exercises and

wherein said resting means are feet that rotate about the support and about a horizontal axis to allow the user to alternate between the upper side and the lower side to ~~when standing on it, so that the device allows users to work on both the areas of aerobic and cardio and the areas of balance, ~~proprioception~~ proprioception and coordination.~~

2. (Cancelled)

3. (Currently Amended) ~~Device~~ The device according to claim 1, wherein said inflatable flexible element ~~(3)~~ is detachable and is joined to the support ~~(1)~~ by joining means.

4. (Currently Amended) ~~Device~~ The device according to claim 1, wherein said ~~considerably~~ rigid side comprises a contact platform ~~(4)~~ joined to the support ~~(1)~~ by joining means.

5. (Currently Amended) ~~Device~~ The device according to ~~elaims~~ Claim 3 wherein said joining means comprise a housing (2), which ~~accommodate~~ accommodates said inflatable flexible element ~~(3)~~.

6. (Currently Amended) ~~Device~~ The device according to claim 5, wherein said housing (2) comprises means (7) to set the position of said inflatable flexible element (3).

7. (Currently Amended) ~~Device~~ The device according to claim 5, wherein said inflatable flexible element (3) comprises means (8,10) to set its position in said housing (2).

8. (Cancelled)

9. (Currently Amended) ~~Device~~ The device according to claim 1, wherein said inflatable flexible element (3) comprises the area of a base that is the thickest or has the highest density ~~more density or thickest area of the base~~.

10. (Currently Amended) ~~Device~~ The device according to claim 1, wherein said inflatable flexible element (3), ~~being inflatable~~, comprises supports (18) on its base.

11. (Currently Amended) ~~Device~~ The device according to claim 3, wherein said inflatable flexible element (3) comprises a platform joined to the base.

12. (Currently Amended) ~~Device~~ The device according to claim 2 1, wherein said support comprises gaps (14) to partially scramble said feet (5).

13. (Currently Amended) ~~Device~~ The device according to claim 1, wherein said support (1) comprises means (11) to fix elastic bands for exercises entailing toning up muscles, body building, and rehabilitation.

14. (Currently Amended) ~~Device~~ The device according to claim 4, wherein said contact platform (4) ~~is manufactured in~~ is made of a point-elastic material that is capable of absorbing and restoring energy.

15. (Currently Amended) ~~Device~~ The device according to claim 1, wherein said device comprises means (21) to regulate its height.

16. (Currently Amended) ~~Device~~ The device according to claim 1, wherein said support (4) and said feet (5) comprise means (12) to hold and handle said device.

17. (Currently Amended) ~~Device~~ The device according to claim 1, wherein the inflatable flexible element (3) comprises means (20) to hold and handle it said device.

18. (Currently Amended) ~~Device~~ The device according to claim 1, wherein said inflatable flexible element (3), ~~being inflatable~~, comprises at least one valve (19) to modify interior pressure ~~the pressure inside it~~.